

TRAUMA INFORMED EDUCATOR CERTIFICATION

Understand | Adapt | Empower

10 Strategies for Supporting Students with Trauma

1. Provide **opportunities for choice and personalized learning** to develop agency in school. When you lose control you need to gain control to heal.
2. **Collaborate** with community members and local agencies. Complex needs require a team.
3. Provide a feeling of safety by setting up a multi sensory **Calming Corner**.
4. Develop a **Self Care plan** to address secondary trauma. Modeling healthy regulation strategies empowers others.
5. Practice and teach **Mindfulness**. Exhaling slowly calms down our brain when it is triggered.
6. Don't ignore behavior, instead see it as an opportunity to **teach Social Emotional Skills**.
7. **Focus on Student Strengths** and celebrate small wins. Be a resiliency detective!
8. **Address the needs of families** with trauma: Positive communication, flexibility, and no judgement. Trauma passes through generations and impacts parents too.
9. **Show children you care** even when it is hard. Stick with it! It takes many actions to overcome the negative beliefs complex trauma creates.
10. Reflect on practices by **joining a supervision group**. Being heard prevents burnout, listening builds skills and addresses bias.



The **Trauma Informed Educator (TIE) Certification program** is designed to address the needs of educators, administrators and mental health professionals by deepening understanding of trauma, providing strategies for supporting students, and practicing self care in order to promote resiliency. This 10 month Trainer of Trainers program is fully online with graduate credit available from California State University East Bay (CSUEB). Our 3 Semester Unit courses include:

1. *Principles of Trauma for Educators*
2. *Trauma Supportive Schools*
3. *Reflective Supervision for Educators*

The next cohort begins **September 2019**. Register at cogdiv.com

